## CHAPTER HSS 45

## APPENDIX A

## Regional Offices of the Division of Community Services

The Department of Health and Social Services licenses day care centers through its 6 Division of Community Services Regional Offices. Below are addresses and phone numbers of the regional offices and the counties:


## CHAPTER HSS 45

## APPENDIX B

| CHILD CARE FOOD PROGRAM MINIMUM MEAL REQUIREMENTS |  |  |  |
| :---: | :---: | :---: | :---: |
| I．AGES 1－12 |  |  |  |
|  | Age 1\％2 | Age 3，4\％ 5 | Age 6 up to 12 |
| BREAKFAST |  |  |  |
| 1．Milk | \％cup | \％cup | 1 cup |
| 2．Juice or fruit or vegetable ${ }^{\text {3．}}$ Bread or coreal or bread alternate： b |  |  |  |
|  |  |  |  |
| ：Bread | Y／slice | \％slice | 1 slice |
| Cereal： |  |  |  |
| Cold dry | $y_{4} \operatorname{cup}$ or $y_{1} \mathrm{oz} .{ }^{\text {c }}$ | $y_{3}$ cup or $1 / 8 \mathrm{cz}$ ． | \％s cup or 1 oz． |
| Hot cooked | 考cup | Y／eup | 浼cup |
| LUNOH OR SUPPER |  |  |  |
| 1．Milk | \％cup | 8 ycup | 1 cup |
| 2．Meat or meat alternate： |  |  |  |
| Meat，poultry，fish，cheese | 1 cz ． | $1 / 2 \mathrm{oz}$ | 208. |
| Egr | 1 egg | 1 erg | 1 egg |
| Cooked dry beans or peas | \％／cup | $y_{1} \operatorname{cup}$ | \％cup |
| Peanut butter or other nut or seed butter | 2 Tbsp | 3 Tbsp | 4 Tbsp |
| Peanuts or soynuts or tree nuts or meeds | \％ $20 \mathrm{z}=60{ }^{\text {d }}$ | $y_{4} \mathrm{Oz}=50 \mathrm{~m}^{\text {d }}$ | $102=50 \% \mathrm{~d}$ |
| 3．Vegetable and／or fruit （at least two） | Y／cup | \％／4cup | $\chi_{1}$ cup |
| 4．Bread or bread alternate | 1／2 slice | 1／8 slice | 1 slice |
| SNACK |  |  |  |
| Select two of the following four components： |  |  |  |
| 1．Milk | $7_{2}$ cup | \％cup | 1 cup |
| 2．Juice ${ }^{\text {a }}$ or fruit or vegetabia | \％cup | \％coup | $x_{s} \operatorname{cup}$ |
| 3．Bread or cereal or bread alternate：${ }^{\text {b }}$ |  |  |  |
| Bread | $7_{2}$ slice | Y／slice | 1 slice |
| Cereal： |  |  |  |
| Cold dry | $3 / 4$ cup or $\%_{3} \mathrm{oz}^{\text {c }}$ | Y cup or $\%$ oz | \％cup or 1 oz |
| Hot cooked | $3 / 4$ cup | Y cup | \％cup |
| 4．Meat or meat alternato： |  |  |  |
| Meat，poultry，fish，cheese | \％ 02 | $77_{102}$ | 108 |
| Egg | \％egg | 为 egg | 1 egg |
| Cooked dry beans or peas | ${ }^{7} 8$ cup | \％cup | Heup |
| Peanut butter or other nut or seed butter | 1 Tbsp | 1 Tbsp | 2 Thep |
| Peanuts or soynuts or tree nuts or seeds |  | \％ Hz | 1 oz |

${ }^{a_{\text {Must }}}$ be full strength fruit or vegetable juice．
${ }^{\mathrm{b}}$ Must be whole grain or enriched．
${ }^{\boldsymbol{c}_{\text {Either }}}{ }^{\text {volume（cup）or weight（oz），whithever is less．}}$
${ }^{\text {d }}$ more than $50 \%$ of the requirement shall be met with nuts or seeds．Nuts and seeds shall be combined with another meat／meat alternate to fulfill the requirement．

## APPENDIX B

## II. INFANT MEAL PATTERN REQUREMENTS

The infant meal pattern shall contain, as a minimum, each of the following components in the amounts indicated for the specific age group:

| Birth Through 3 Months | 4 Through 7 Monthe | 8 Through 11 Months |
| :---: | :---: | :---: |
| BREAKFAST: <br> 4-6 fl. oz, formula ${ }^{1}$ | 4-8 f. oz. formula ${ }^{1}$ or breast milk <br> 0.3 T . infant cereal ${ }^{2}$ (optional) | 6.8 ft . oz, formula ${ }^{1}$, breast milk, or whole milk <br> 2-4 T. infant cereal ${ }^{2}$ <br> 1-4 T. fruit and/or vegetable |
| LUNCH OR SUPPER: $4.6 \mathrm{fl}_{\mathrm{oz}} \mathrm{oz}$. formula ${ }^{1}$ | 4-8 f. oz. formula ${ }^{1}$ or breast milk <br> 0-3 T. infant cereal ${ }^{2}$ (optional) <br> 0-3 T. fruit and/or vegetable (optional) | 6-8 fl. oz. formula ${ }^{1}$, breast milk ${ }_{1}$ or whole milk <br> 2-4 T. infant cereal ${ }^{2}$ and/or <br> 1-4 T. meat, fish, poultry, egg yolk, or cooked dry beans or peas, or 42 oz , cheese or <br> 1.4 oz, cottage cheese, cheese food, or cheese spread <br> 1-4 T. fruit and/or vegetable |
| SUPPLEMENT: <br> 4-6 fl. oz. formula ${ }^{1}$ | 4-6 f. oz. formula ${ }^{1}$ or breast milk | 2-4 fl. oz. formula ${ }^{1}$, breast milk, whole milk, or fruit juice ${ }^{3}$ <br> $0-\%$ bread or <br> $0-2$ crackers (optional) ${ }^{4}$ |

${ }^{1}$ Shall be iron-fortified infant formula.
${ }^{2}$ Shall be iron-fortified dry infent cereal.
${ }^{3}$ Shall be full-strength fruit juice.
${ }^{4}$ Shall be from whole-grain or enriched meal or flour.
For infants four through eleven months, breast milk provided by the infant's mother may be served in place of infant formula. Meals containing only breast milk do not qualify for reimbursement. However, meals containing breast milk may be claimed for reimbursement when the other required or optional meal components are supplied to the infant.

